

Summary Table for Douglas County Health Department 2009-2010

Indicators	Overall						Men						Women					
	<u>LHD</u>			<u>State</u>			<u>LHD</u>			<u>State</u>			<u>LHD</u>			<u>State</u>		
	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %
Health Care Access																		
No health care coverage, 18-64 years old	16.2	13.0	19.5	15.8	14.6	17.1	17.7	12.8	22.6	16.6	14.7	18.4	14.8	10.5	19.1	15.1	13.4	16.8
Could not see a doctor in past year due to cost	11.5	9.3	13.7	10.9	10.0	11.7	10.8	7.7	13.9	9.2	8.0	10.4	12.1	8.9	15.2	12.5	11.2	13.7
Visited a doctor for a routine checkup in past year	59.5	56.3	62.8	58.0	56.8	59.3	52.6	47.7	57.5	51.3	49.4	53.2	66.1	62.0	70.2	64.5	63.0	66.1
Cardiovascular Disease																		
Ever told had a heart attack	2.6	2.0	3.3	3.7	3.4	3.9	3.5	2.4	4.6	4.9	4.5	5.3	1.8	1.1	2.6	2.5	2.2	2.7
Ever told had angina or coronary heart disease	3.4	2.5	4.3	3.9	3.5	4.2	3.5	2.4	4.7	4.6	4.2	5.0	3.3	1.9	4.7	3.1	2.7	3.6
Ever told had a stroke	2.4	1.7	3.0	2.3	2.1	2.6	2.7	1.6	3.7	2.3	1.9	2.7	2.1	1.3	2.9	2.4	2.1	2.7
Ever told blood pressure was high	26.2	23.0	29.5	27.1	25.9	28.4	28.9	23.6	34.2	29.0	26.9	31.1	23.7	19.9	27.5	25.3	23.9	26.7
Had cholesterol level checked during past 5 years	74.1	69.5	78.7	73.9	72.1	75.6	71.0	63.8	78.1	72.0	69.3	74.7	77.0	71.1	82.9	75.7	73.4	77.9
Ever told cholesterol was high, among not screened	37.3	33.1	41.6	37.4	35.8	39.0	39.7	32.8	46.6	39.7	37.1	42.3	35.1	29.9	40.4	35.3	33.4	37.2
Overweight and Obesity																		
Overweight (BMI=25.0-29.9)	36.0	32.9	39.1	37.0	35.8	38.1	42.0	37.1	46.9	43.6	41.7	45.4	30.1	26.3	33.9	30.4	29.0	31.8
Obese (BMI=30+)	25.8	23.0	28.5	28.1	27.0	29.1	29.6	25.2	34.0	30.4	28.8	32.1	22.0	18.8	25.2	25.7	24.4	27.0
Fruit / Vegetable Consumption																		
Consumed fruits and vegetables 5+ times per day	20.1	16.8	23.5	21.1	19.8	22.4	14.5	10.0	19.0	15.7	14.0	17.5	25.3	20.4	30.2	26.1	24.3	28.0
Physical Activity (PA)																		
No leisure-time PA in past 30 days	24.9	22.3	27.6	24.5	23.5	25.4	21.5	17.7	25.3	23.1	21.7	24.5	28.2	24.6	31.9	25.8	24.5	27.1
Moderate or vigorous PA in a usual week	48.9	44.6	53.3	47.8	46.1	49.5	47.2	40.4	54.0	48.7	46.1	51.4	50.6	44.9	56.2	46.9	44.7	49.0
Vigorous PA 20+ min/day, 3+ days per week	29.3	25.0	33.7	29.7	28.0	31.4	28.0	21.3	34.7	31.9	29.2	34.5	30.6	24.9	36.2	27.6	25.4	29.8
Alcohol Consumption / Tobacco Use																		
Engaged in binge drinking in the past 30 days	18.4	15.8	21.0	18.7	17.6	19.7	23.5	19.3	27.7	25.2	23.5	26.9	13.7	10.6	16.7	12.5	11.3	13.7
Current smoker (at least some days of the month)	18.7	16.2	21.3	17.0	16.0	18.0	19.4	15.4	23.4	18.4	16.9	19.9	18.1	14.9	21.4	15.6	14.3	16.9
Attempted to quit smoking in past 12 months	61.8	54.6	68.9	56.6	53.4	59.8	63.3	52.4	74.3	54.6	49.9	59.2	60.1	50.7	69.6	59.0	54.7	63.2
Cancer Screening																		
Had a colonoscopy in past two years, 50+	14.4	11.7	17.1	11.8	11.0	12.7	17.4	12.9	21.9	13.1	11.7	14.6	11.8	8.7	14.9	10.7	9.7	11.7
Ever had a prostate cancer screening, male 50+	5.7	2.8	8.7	6.8	5.8	7.8
Had a mammogram in past two years, female 40+	76.4	71.7	81.1	71.5	69.9	73.2
Had a Pap test in past three years, female 18+	78.9	74.1	83.7	73.2	71.2	75.1

Note: % is weighted by health district, gender, and age; L% and U% are the lower and upper limits for the 95% confidence interval, respectively.

LHD=local/district health department; BMI=body mass index